

Taco Flavored Potatoes

Rating: ★★ ★

Cook time: 40 minutes

Makes: 5 servings

Ingredients

4 new potatoes (medium, rose or white)
2 tablespoons olive oil
2 tablespoons taco seasoning (1/2 package)
3/16 cup corn meal

Directions

1. Preheat oven to 400 degrees.
2. Wash and scrub potatoes well. Cut the potatoes in half, lengthwise and then into quarters and again into eight pieces.
3. Place potatoes in large mixing bowl, toss with the olive oil until potatoes are well coated.
4. Sprinkle the seasonings and corn meal over potatoes, toss again until coated.
5. Arrange the potatoes on a nonstick baking sheet and bake for approximately 30 minutes until potatoes are golden brown.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	6 g	9%
Protein	3 g	
Carbohydrates	27 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	180 mg	8%

California Health Department - Los Angeles County, Es Facil CampaignSubmitted by Maria Cisneros